

Cucaracha

拍數: 32 牆數: 4 級數: Beginner
編舞者: Hank Dahl (USA) & Mary Dahl (USA)
音樂: Right Now - Mary Chapin Carpenter



ROCK AND HOLD

- 1-2 Step right foot to right side, rock step back onto left foot
- 3-4 Step right foot next to left, hold
- 5-6 Step left foot to left side, rock step back onto right foot
- 7-8 Step left foot next to right, hold

SWIVEL WALK (IMAGINE WALKING A TIGHTROPE)

- 9-10 Swiveling on ball of left foot step forward on ball of right, swiveling on ball of right foot step forward on ball of left foot
- 11-12 Swiveling on ball of left foot step forward on ball of right foot, hold
- 13-14 Swiveling on ball of right foot, step forward on ball of left, swiveling on ball on ball of left step forward on ball of right
- 15-16 Swiveling on ball of right step forward on ball of left foot

WALK BACK AND HITCH, STEP-SLIDE, ¼ TURN LEFT

- 17-18 Step right foot back, step left foot back
- 19-20 Step right foot back, hitch (raise) left knee
- 21-22 Step left foot forward, slide right foot behind and to the left of left foot
- 23-24 Making ¼ turn left and step left foot forward, brush right foot forward

GRAPEVINE RIGHT, GRAPEVINE LEFT

- 25-26 Step right foot to right, step left foot behind right
- 27-28 Step right foot to right, brush left foot forward
- 29-30 Step left foot to left, step right foot behind left
- 31-32 Step left foot to left, brush right foot forward

REPEAT

This dance continues to be popular and can be done to practically anything with a solid 4-count beat or anything Rhumba-feeling. It can also be done as "Cucaracha Cha" to a Cha-Cha rhythm by doing any 3-4 or 7-8 count as a Cha-Cha step instead (3&4 or 7&8).